

# VIRTUAL TENNIS

This virtual Tennis is made up of 1 event:

- Racket Tap

Record your score on the results table.



**This challenge is linked to the School Games value of Determination**

How can you demonstrate Determination throughout this challenge?  
Just keep going even if you think you cant do it. Never give up. And give it your BEST shot!

**Can you be a Leader?**

- Explain or demonstrate to a member of your household the event
- Teach another member of your household how to take part in this activity and challenge them to a mini competition

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# VIRTUAL TENNIS

## ACTIVITY: RACKET TAP

- How many times can you hit the ball with the racket?  
How many can you do in 2 minutes?
- Can you keep the ball from dropping to the ground?
- Start with using both hands. Keep the ball up in the air and controlled
- How many can you do whilst standing still.

Extra Challenge

How many can you do whilst moving around?



## HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

## EQUIPMENT NEEDED

- Tennis ball
- Tennis racket

## BUT WHAT ELSE CAN I USE?

- Rolled-up socks or tin foil
- Badminton racket, frying pan, cricket bat or even use you hand

## MAKE IT EASIER

- Use a bigger ball

## MORE OF A CHALLENGE

- Use one hand
- Use a smaller ball

## MAKE IT INCLUSIVE

- Using, your hand, can you balance or bounce the ball?

## Scoring

- Record your scores in the results sheet below

## Video

- Link to video can be found [here](#)

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# VIRTUAL TENNIS

## HAVE A GO AND TRY THIS: RALLY

- Using a wall or a partner see how many times you can hit the ball to each other.
- Start by using both hands then move to your strong hand and then see if you can use your weak hand.

## HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles

## EQUIPMENT NEEDED

- Tennis ball
- Tennis Racket

## BUT WHAT ELSE CAN I USE?

- Socks
- Frying pan/ badminton racket/ cricket bat

## MAKE IT EASIER

- Move closer to the wall
- Use a bigger ball

## MORE OF A CHALLENGE

- Move further apart
- Use a smaller ball

## MAKE IT INCLUSIVE

- You could roll the ball to each other

## CAN YOU BE A LEADER?

- Can you show some how to take part in this activity

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# VIRTUAL TENNIS RESULTS

**SCHOOL NAME:**

**CHILDS FIRST NAME:**

**YEAR GROUP:**

EVENT	RESULT
RACKET TAP	

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